



NORTH DAKOTA DEPARTMENT OF **PUBLIC INSTRUCTION**



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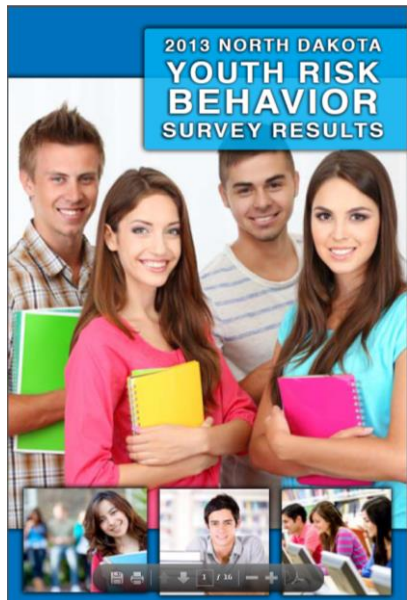
Youth Mental Health Training

Gail Schauer

Assistant Director, Safe and Healthy Schools

September 2015

2013 Youth Risk Behavior Survey



35% had a drink of alcohol

22% reported binge drinking (consuming 5 or more drinks within a couple of hours)

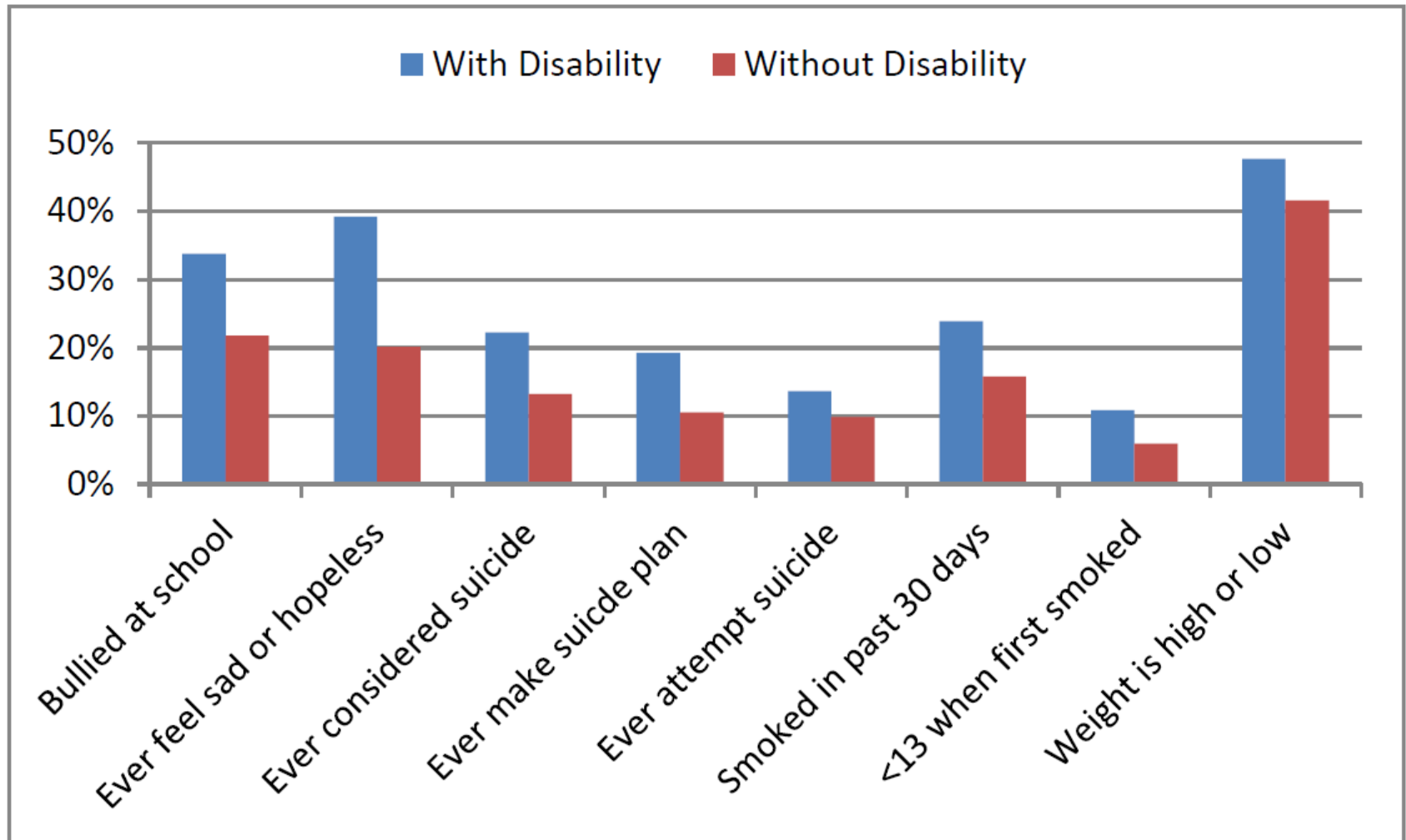
18% used prescription drugs without a doctor's prescription

25% reported feeling so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities

16% seriously considered attempting suicide

25% reported being bullied on school property


Figure 6. Mental Health, Smoking and Body Weight, North Dakota High School Students, by Disability Status



Source: YRBS, 2013


Youth Suicide Prevention Training

SB 2209 – NDCC 15.1–19–24

- ▶ Annually
 - ▶ Middle and high school instructional staff, teachers, and administrators
 - ▶ At least two hours of pd relating to
 - Youth risk indicators
 - Appropriate responses
 - Referral sources
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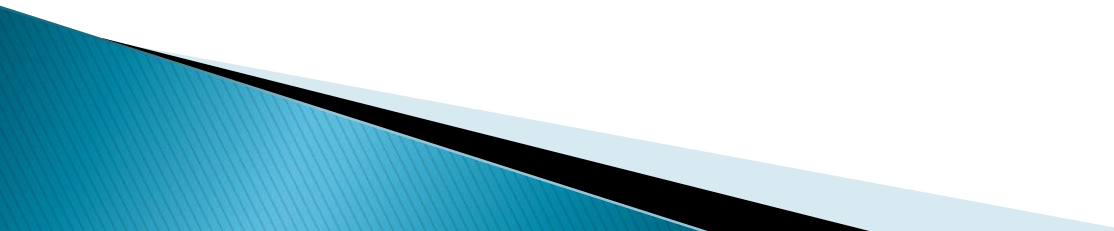
Youth Mental Health PD

SB 2048 – NDCC 15.1–07–34

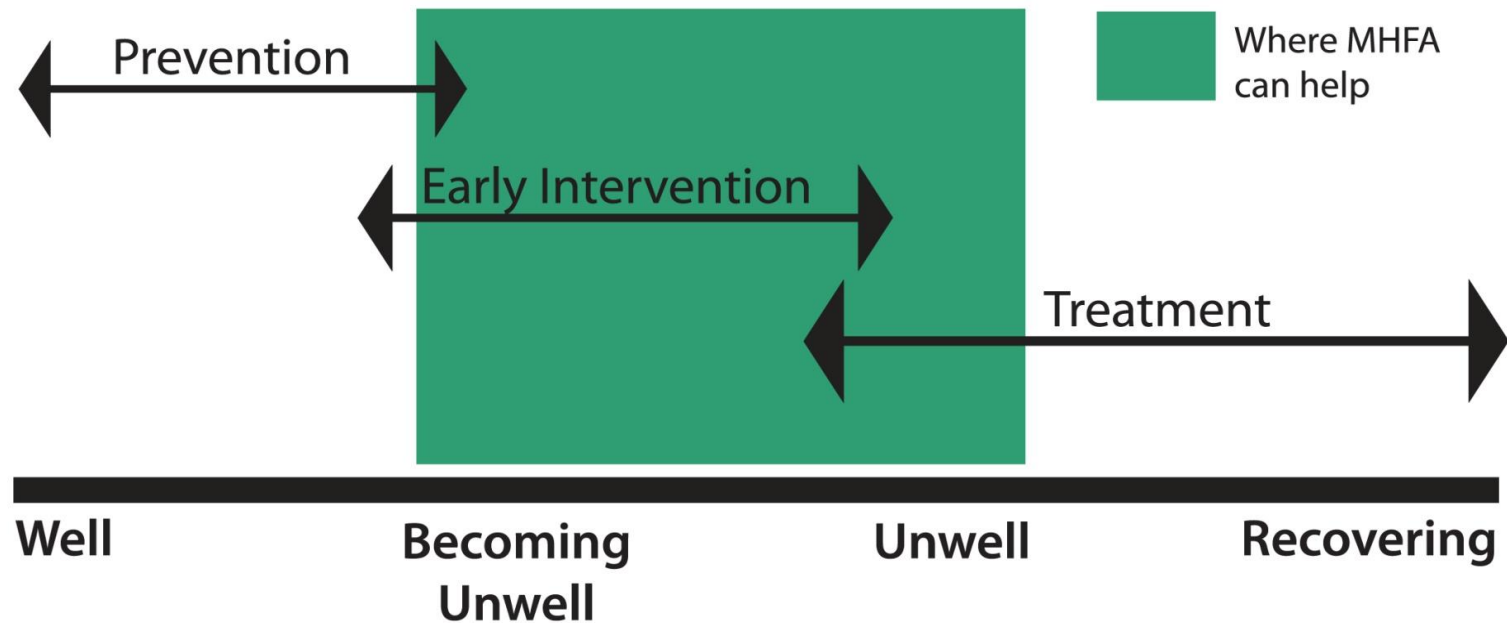
- ▶ Once every two years
 - ▶ Must provide at least 8-hours of PD
 - ▶ To Elem, MS & HS teachers and admin.
 - ▶ Encourage ancillary & support staff to participate
 - ▶ On youth mental health
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Youth Mental Health PD

PD TO INCLUDE:

- ▶ Understanding prevalence and impact of youth mental health disorders
 - ▶ Knowledge of mental health symptoms, social stigmas, risk and protective factors
 - ▶ Awareness of referral sources and strategies for appropriate intervention
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Spectrum of Mental Health Interventions



Spectrum of mental health interventions from wellness to mental disorders and through to recovery, showing the contribution of MHFA

What is a Mental Health Disorder?

A **mental disorder** or **mental illness** is a diagnosable illness that

- Affects a person's thinking, emotional state and behavior
- Disrupts the person's ability to
 - Work or attend school
 - Carry out daily activities
 - Engage in satisfying relationships

What are Some of the Disorders We Might Hear About?

- ▶ ADD / ADHD / ODD
- ▶ Anxiety Disorders
- ▶ Bipolar Disorder
- ▶ Depression
- ▶ Eating Disorders
- ▶ Psychosis
- ▶ Substance Use Disorders

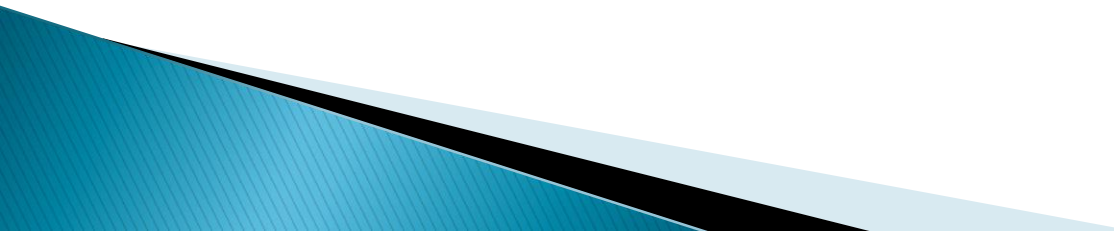


U.S. Youth with a Mental Disorder During Adolescence (Age 13–18)

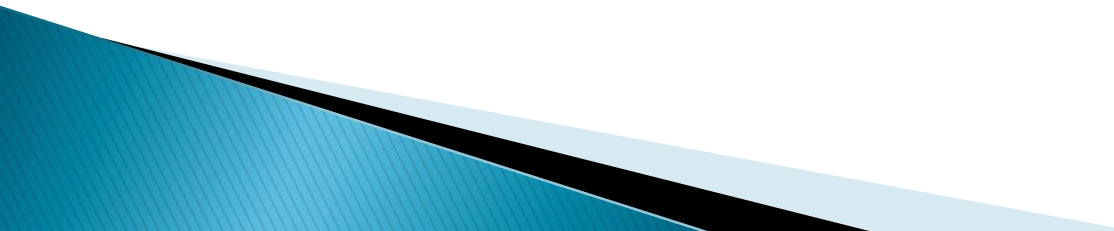
	Prevalence (%)	With severe impact (%)
Anxiety disorders	31.9	8.3
Behavior disorders	19.1	9.6
Mood disorders	14.3	11.2
Substance use disorders	11.4	n/a
Overall prevalence (with severe impact)	22.2	

Median Age of Onset

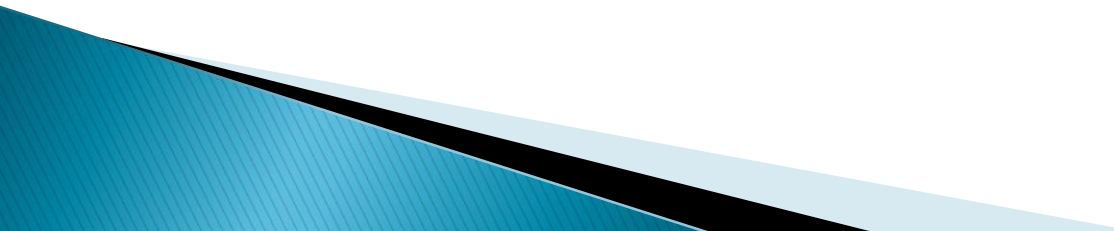
One-half of all lifetime cases of mental illness begin by age 14, three-quarters by age 24

- Anxiety Disorders – Age 11
 - Eating Disorders – Age 15
 - Substance Use Disorders – Age 20
 - Schizophrenia – Age 23
 - Bipolar – Age 25
 - Depression – Age 32
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Risk Factors

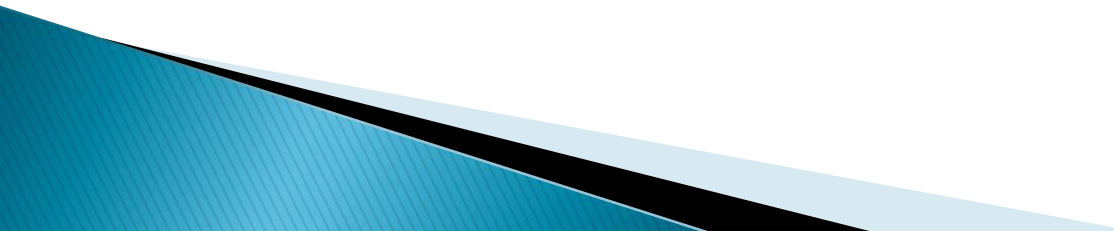
- ▶ Exposure to stressful life events/abuse/trauma
 - ▶ Difficult or abusive childhood
 - ▶ Ongoing stress and anxiety
 - ▶ Medical conditions and hormonal changes
 - ▶ Side effects of medication
 - ▶ Illness that is life threatening, chronic, or associated with pain
 - ▶ Previous episode of a mental illness or another mental illness
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Protective Factors

- ▶ Healthy practices
 - ▶ Good problem solving skills
 - ▶ Feeling of control in their own life
 - ▶ Spirituality
 - ▶ Avoiding alcohol, tobacco and other drugs
 - ▶ Consistent home/family routine
 - ▶ Parental/familial support
 - ▶ Feeling close to at least one adult
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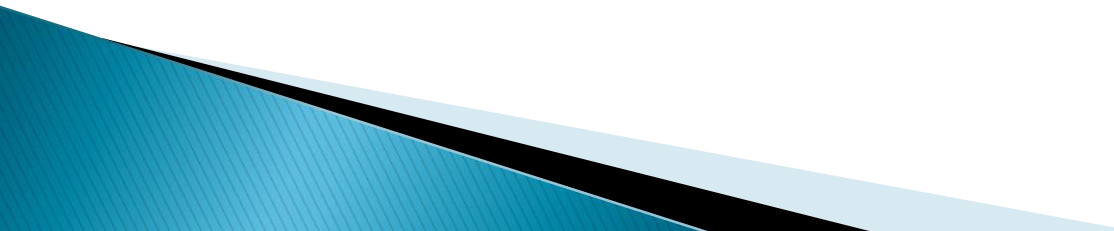
State Systemic Improvement Plan

In place to support districts and schools in developing SI goals related to students with needs in

- ▶ Behavioral,
 - ▶ Social/Emotional,
 - ▶ Social Communication, and
 - ▶ Mental Health.
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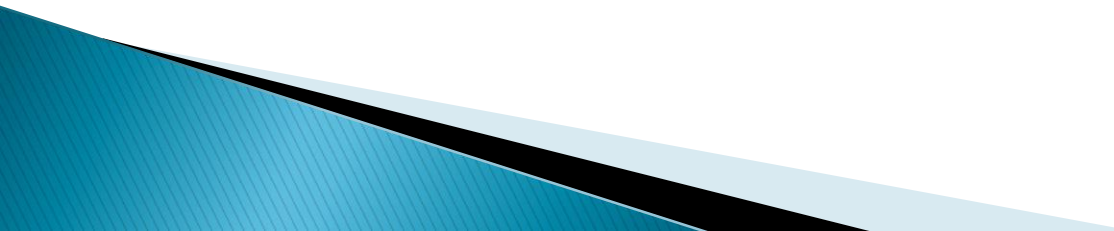
State Systemic Improvement Plan

Two trainings through Spec Ed may meet the training requirements of SB 2048.

- ▶ Prevent–Teach–Reinforce (PTR)
 - ▶ Eval need/designing explicit instruction for teaching self–regulation skills to students w/..
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Safe and Healthy Schools Unit

Questions?

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